

HABARI Gani

"WHAT'S HAPPENING"

THE HIV/AIDS NEWSLETTER FOR AND BY THE AFRICAN AMERICAN COMMUNITY

All Things Not Equal

Turning the Tide and Beating the Epidemic

News about recent advances in the management of HIV has led many to believe that the epidemic is over. However, all things are not yet equal. Not only is the epidemic still raging, but African American communities continue to be disproportionately impacted. In fact, according to the Center for Disease Control and Prevention, Blacks comprise just 12 percent of the population but 40 percent of all AIDS cases—more than any other racial group. What the new therapies do offer is a real chance to turn the tide against the disease.

Powerful new drugs have already cut the death rate among all populations (although much less among Blacks and Latinos). Unfortunately the new regimens are very complicated. Knowledge and support are the keys. Each of us needs to stay informed so that we can live longer, and help our friends live longer too. Working together, we can beat the epidemic within our community.

Protease inhibitors have changed the landscape of HIV dramatically. Today, people are living longer and enjoying a much better quality of life. Complimentary treatments can even reduce side effects brought on by some of the medications. These are three of the reasons why it is important that we

arm ourselves with knowledge. It is alarming to know that many of our HIV positive brothers and sisters are not currently taking advantage of new treatment options. A recent study in New York found that only 11% of Black New Yorkers are taking protease inhibitors. We can only benefit from the new treatments if we take advantage of them.

To assist in understanding some of the complicated medications or alternative therapies, our treatment advocacy staff work diligently to stay abreast of the latest trends in treatment. If you would like to know more about treatment options, clinical trials or a range of treatment related issues, they are great allies in the battle against the epidemic in our community.

In addition to maneuvering the clinical elements of HIV, HIV positive people must manage psycho-social issues like stigma and marginalization. We will not make significant progress in the fight against HIV/AIDS until we are able to remove the stigma associated with HIV. Too often, black people living with HIV/AIDS are unwilling to enter AIDS service organizations for fear of being seen by people we know.

Recent studies have demonstrated the connection between social support and risk reduction behavior change.

The issues that we face in our lives are plentiful. Dealing with HIV or staying HIV- are not small things. And we know that simple slogans do not move people toward healthier behaviors—be they sexual or otherwise.

We all have a role to play in ending the epidemic. It is important that we find a common language and work together to provide factual information,

3 REASONS
TO SEEK
TREATMENT
KNOWLEDGE

LIVE LONGER

IMPROVE THE QUALITY
OF YOUR LIFE

MANAGE SIDE EFFECTS

emotional and practical support.

We are a resilient people. Just as we have found a way to overcome other challenges, we shall find a way to overcome this one.

in our **own words**

My Baby's Daddy

Written by Eleanor Taite

Little girls, when they're young, dream of fairy-tale romance. Romances with a Prince Charming, a castle, a white horse, a chariot and glass slippers. The little girls of today dream of the Senior Ball or Junior Prom. I was one of those little girls with those same dreams, but now those dreams are shattered and gone, because I am now a number, a number of one of the leading causes of death.

I am a woman living with AIDS. Not HIV. AIDS! My Prince Charming was "My Baby's Daddy", someone whom I trusted and thought I loved. I went through the pain of bearing his children (twins) and now I am going through the pain of taking medication.

I thought he loved his kids and me, but the only thing he cared about was his cars, money and seeing me whenever he wanted to have sex.

Being young and naive, because he was who he was, "My Baby's Daddy", I continued to have unprotected sex with him. I didn't believe my Prince Charming would bring me any diseases, but he did. He brought me AIDS, something I wouldn't have thought I'd get in a million years. But I did.

When I got my diagnosis, I was in shock, mainly because I had been living with HIV for a long time, not even knowing I had the virus.

I even had prior surgeries and other examinations and that still didn't deter-

mine the fact that I had the virus. I walked around for years with no symptoms, until recently when I went into the doctor's office for a check-up.

When my doctor checked my mouth she noticed a white spot (thrush). She asked had I ever been tested for HIV, because the patch, as she called it, was associated with the virus. I freaked out, became nervous and didn't know if I wanted to go ahead with the test or leave the office.

As you can see, I went on with testing. It took two long weeks before I knew the results. Then when I found out I wished I wouldn't have known.

So now I know and my life has changed dramatically. I now have to take 18 pills a day, exercise, eat the right food and get proper rest. I'm going through all these changes because I cared about my Prince Charming. Otherwise known as "My Baby's Daddy".

So women, young ladies, please be careful and always practice safer sex. My Prince Charming knew he had the virus and he spread it throughout the city we live in. So I guess you can say it's an epidemic. So please be aware of even your baby's daddy.

Sincerely,
A Baby's Mother

Eleanor Taite.

calendar
of **events**

EVERY MONDAY

SEX & YOU

Men's Drop-In Discussion Group

EVERY FRIDAY

POSITIVE IMAGES

Phone Chat for HIV+ Men
Call for more information

MAY 14

**RACISM, HOMOPHOBIA
& AIDS**

A Community Forum

MAY 30

POSITIVE COLOURS

Gay Men of Color Treatment
Conference - USC

SEPTEMBER 18-20

BROTHER 2 BROTHER VIII

Men's Retreat in Mailbu

**POSITIVE
Colours**

**GAY MEN OF COLOR
TREATMENT CONFERENCE**

SATURDAY, MAY 30

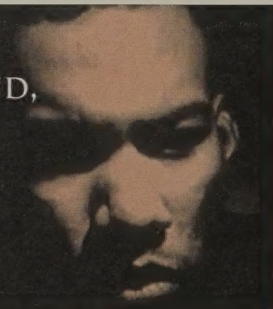
**UNIVERSITY OF
SOUTHERN CALIFORNIA**
for information, call
(213) 964-7820

PRESENTED BY THE GAY MEN OF
COLOR CONSORTIUM

FUNDED BY AN UNRESTRICTED
EDUCATIONAL GRANT FROM
GLAXO WELLCOME

**OUR COMMUNITY CAN NOT
AFFORD TO LOSE ANOTHER MIND,
BODY OR SOUL TO AIDS.**

*Say "Enough!" Get Involved.
Join the AIDS Prevention Team*



the director's desk

AIDS PREVENTION TEAM

A PROGRAM OF THE NATIONAL BLACK
LESBIAN & GAY LEADERSHIP FORUM

1219 S. LaBrea Avenue
Los Angeles, CA 90019

PHONE:

(213) 964-7820

FAX:

(213) 964-7830

E-MAIL: Bro2BroLA@aol.com

OFFICE HOURS:

Mon-Fri 9 a.m. - 6 p.m.
closed noon to 1 p.m. daily
Saturdays by appointment

program director

phill wilson

sr. health educator

christopher smith

sr. treatment advocate

larry mims

director of women's services

rene miranda

treatment advocates

vincent carbaugh

morris pearce

health educator

chaz lanier

community outreach specialist

habeeb rasheed

mental health specialist

siri sat nam

Calvin Rolark the founder of the United Black Fund and the Washington Informer put a black spin on an ancient quote when he said, "The only people that can save us from us is us."

Welcome to the first issue of Habari Gani. This newsletter is about "us saving us". We hope in these pages communicate new energy, unveil new programs, and, most importantly, provide the best HIV/AIDS treatment and prevention information available. There will be articles about treatment, prevention and testing, clinical trials and policy issues of the day. We will also profile Black folks successfully living with HIV/AIDS, as well as black physicians and therapists who are dealing with HIV/AIDS in their practices. But, most importantly, every month we will try to answer your questions and provide a voice for African Americans living with or affected by HIV/AIDS.

For many years, program developers have sat around table after table talking about the difficulty reaching the Black community with culturally and socially appropriate prevention messages and information about the benefits of new treatment options. All the while, HIV went virtually unchecked in our communities.

Enough is enough. The AIDS Prevention Team is committed to building a program that is of, by and for us. We have dedicated ourselves to developing cutting-edge programs that address the myriad of issues that impact our lives on a daily basis. This is not an easy task. Using the same old models of service delivery and program development will not do the job. It is important that we confront this epidemic in innovative ways.

This program is centered around a core value of community wellness and support. We are concerned about all of the issues that prevent us from protecting ourselves from

HIV, getting tested or seeking treatment. Recent studies have indicated that a major concern for many Black gay men is isolation. Building community helps to break down isolation.

Our Sunday programming and other social activities will provide opportunities for us to meet each other and create support networks.

The expanded Sister 2 Sister program will increase services to Black Lesbians. Our weekly support groups will help clients maintain risk reduction behaviors and adhere to new therapeutic regimens.

In order to be more responsive to the emerging needs of our people, a host of community forums and town hall meetings are scheduled over the next few months. Each of these will be designed to establish an ongoing dialogue for us to talk to each other.

This dialogue will provide a basis for program design, community involvement, and leadership.

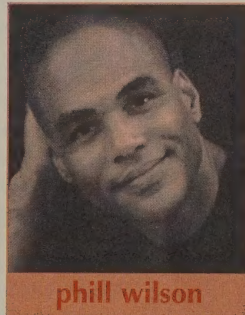
If you have been involved in APT or have just been waiting for the right moment, now is the time to get involved. We need talented volunteers to assist in providing services to our sisters and brothers. We need members of our community who have the resources to

become financially involved in building our program. And we need your goodwill and support.

Enjoy this issue of Habari Gani. Let us know what you think, what you like, and, what you don't like and most importantly, what you want. We hope that you will find a program or service that piques your interest. Consider how you might become involved in helping us become the type of program you deserve. Take care of yourself and your blessings.

Habari Gani

Phill Wilson



phill wilson

prevention programs

During the next several months, look for these exciting programs.

TOUCH THE MAN, a six-week discussion group that explores intimacy between men. This group promises to open areas of our intimate lives that often go neglected. Group size is limited.

SOUL FOOD SUNDAYS in the tradition of the Black family. This monthly social is pot-luck style and is open to our community.

THE BROTHER 2 BROTHER CHOIR provides a voice for same-gender-loving Black men. Participation as a musician or vocalist requires an audition.

THE AFRICAN AMERICAN GAY MEN'S CREATIVE WRITING WORKSHOPS provides a creative outlet to share our stories. Selected works will be published in our year-end anthology, *Basic Black: a collection of works representing the black gay experience*.

THE COMMUNITY FORUM SERIES brings us together to discuss the issues that are important to our community. Take charge of your destiny and speak out!

PUT THIS ON YOUR CALENDAR!

THE 8TH ANNUAL BROTHER 2 BROTHER RETREAT

is scheduled for September 18-12 in Malibu, CA. Our theme is "Refreshment for the Soul". If you are not on the mailing list, please contact Chaz or e-mail us at: Bro2BroLA@aol.com.

brother 2 brother

Brother 2 Brother VIII



Change is the process of making something different. Courage is the quality of mind or spirit that enables a person to face difficulty. Courage helps us to be tenacious. It provides fortitude. It supports valor. And it is true, change does require courage.

Brother 2 Brother has been a vital part of the prevention landscape in Los Angeles for many years. Each year, the annual Brother 2 Brother Retreat attracts hundreds of men from throughout the United States. From the success of seven retreats, we will continue to build our program to meet the needs of our community. But, we need your help.

Our programs will provide an opportunity for members of our community to come together to have significant interaction that promote wellness as a community norm. We will also be

bringing you special events, cultural activities, and a variety of workshops. You won't find a lot of preaching and judgement. But you will find a supportive environment for people just like you who are motivated, talented, and together.

We are also pleased to announce new program staff. We hope to bring you the talented program staff that you deserve.

Christopher Smith joins the team as Sr. Health Educator. Christopher has worked in various capacities ranging

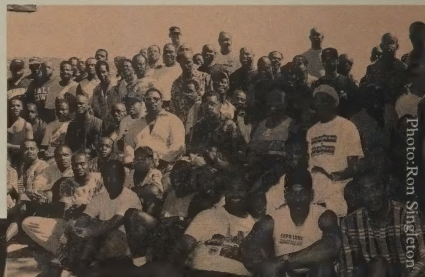


Photo: Ron Singleton

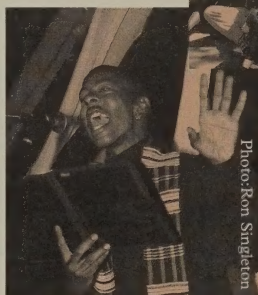


Photo: Ron Singleton

from outreach worker, associate director and program director for a number of AIDS services organizations. Most recently, Christopher was the Program Director of New Village.

Chaz Lanier joins us as our Health Educator. Chaz also comes from New Village where he was the Assistant Program Director. A native New Yorker, Chaz is trained in modern, jazz, ballet and West African Dance.

Welcome to a new era at B2B.

Drugs and alcohol can impair judgement. If you are

going to engage in sexual activity, remember to use your rubbers. **Condoms only work if you use them.**

on the prevention tip

Nelfinavir™ (Viracept)

Nelfinavir (also called Viracept) is an antiretroviral drug that slows the reproduction of HIV. It reduces the amount of HIV in the body, which allows the immune system to fight many of the illnesses associated with AIDS.

It works by blocking the action of an enzyme that the virus makes called protease. This enzyme is necessary for the virus to reproduce and infect new cells. Nelfinavir is one of four drugs called protease inhibitors; the other three are saquinavir, zidovudine and didanosine. Nelfinavir was approved by the Food and Drug Administration (FDA) in early 1997 for the treatment of HIV disease.

Why would my Doctor Prescribe Nelfinavir?

Nelfinavir, in combination with other antiviral medications, may decrease the amount of virus in the body, raise the T-cell count, and slow disease progression in people with HIV infection. Studies are underway to determine the possible long-term benefits and risks of Nelfinavir.

Nelfinavir in combination with Nucleoside analogue drugs, including zidovudine (AZT), didanosine (ddI), zalcitabine (ddC), stavudine (d4T), or lamivudine (3TC), may be given as initial therapy for treating HIV disease. Its use with non-nucleoside agents, including nevirapine and delavirdine, is under

investigation. Nelfinavir may also be prescribed instead of other antiretroviral medication for HIV-infected persons who: 1) have developed side effects for other drugs; 2) have failed to respond to other therapies, or have failed therapy several months to years.

How do you take Nelfinavir?

Nelfinavir is available in 250mg tablets. The recommended dose is 750mg (three 250mg tablets) taken three times a day with food. Certain drugs should not be prescribed with Nelfinavir. These include the antihistamines (for allergies and sinus infections); the antimicrobial drug rifampin (to kill or inhibit growth of microbacteria); the benzodiazepines (tranquilizers and other psychotropic medications); and gastrointestinal motility drugs. Doses of other commonly prescribed medications may also require adjustment. If you are taking Nelfinavir, always check with your doctor before starting any new drugs.

To avoid the development of viral resistance, nelfinavir must be used according to directions. Medication should be taken on time every day, and doses should not be skipped.

If you have questions on this or any other drug or therapy, please contact our treatment advocate at (213) 964-7820.

on the treatment tip

having trouble remembering to take your meds? place post-it notes on places where you will see them that says
"Remember Your Meds"

To start treatment or not to start treatment? That is the question.

The decision to begin a regimen of antiretroviral therapy is not an easy one. Because these medications require scheduled doses to maximize their benefits and not create resistant virus, it is imperative that persons taking these meds adhere to the strict schedule. The treatment advocacy program can help.

Serving as a liaison between the provider and the patient, the treatment advocate is trained to assist the client in a variety of ways. If you are currently taking HIV medications, or know someone who is, the following services can make a large difference.

ONE ON ONE COUNSELING

provides the client the opportunity to discuss issues, problems, successes and feelings surrounding their therapy.

ADHERENCE ASSISTANCE

provides the opportunity for the treatment advocate to share "hints" to assist in adherence to complicated therapies.

TREATMENT UPDATES

provides brief, yet informative updates on various medications, HIV replication, advances in HIV therapies, risk reduction and other current HIV-related issues.

CLINICAL TRIALS INFORMATION

provides up-to-date information regarding clinical trials related to antiretroviral therapies.

MASSAGE THERAPY

provides a relaxing, cleansing, stress-reducing massage for HIV+ clients by appointment.

Treatment

King-Drew Medical Center

Oasis HIV Clinic
12021 S. Wilmington
Los Angeles, CA 90059
(213) 668-4213

Jeffrey Goodman Clinic

1625 N. Schrader Blvd.
Los Angeles, CA 90028
(213) 993-7500

USC-5P21

1300 N. Mission Road
Los Angeles, CA 90033
(213) 343-8255

HIV Test Sites

Minority AIDS Project

5149 W. Jefferson Blvd.
Los Angeles, CA 90016
(213) 936-4949

Curtis Tucker Health Center

123 W. Manchester Avenue
Inglewood, CA 90301
(310) 419-5376

Jeffrey Goodman Clinic

1625 N. Schrader Blvd.
Los Angeles, CA 90028
(213) 993-7500

People of Color Resources

Bienestar

1169 N. Vermont Avenue
Los Angeles, CA 90029
(213) 660-9680

Asian & Pacific AIDS Intervention Team

1313 W. 8th Street
Los Angeles, CA 90017
(213) 353-6055

James Miller Refuses to Let HIV Slow Him Down

At first look, one wouldn't guess that James Miller is 64 years young. Neither would one guess that he has been living with HIV for 11 years.

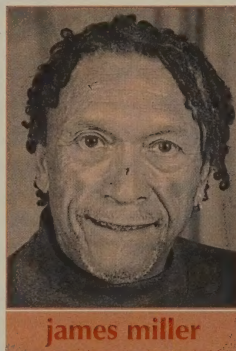
A long-time community activist, James first tested for HIV while actively volunteering for Minority AIDS Project. When asked why he hadn't tested for HIV before this time, James is quite honest. "I didn't want to be tested because it seemed like a hopeless situation, especially for Black folk." Prior to James taking the test, there were no medications for HIV. So despite his active involvement, James, like many, consciously chose not to be tested.

At that time, James had no symptoms of HIV disease. But he was very aware of risk behavior in his own life. When probed about his decision to be tested, James pointed to a new drug at the time, called AZT. Remember, 11 years ago AZT was the only treatment available to people with HIV.

"The test result blew my mind..." James remembers. He pauses and continues, "for about 48 hours." At this time, James was also an ordained Deacon at Unity Fellowship Church. Looking back, James attributes a lot of his outlook and wellbeing to his spiritual growth. In fact, James considers it "part of the mix." Without this spiritual anchor, James does not think that his

current course of treatment would be effective. Nor have they always been.

James dealt with side effects. "My body reacted to it. For almost a year, I was getting so weak that I couldn't get out of a chair by myself. I was very frightened," he remembers. When he is asked about how this affected his decision to continue on meds, James is quick to respond. "I have an excellent doctor. I put a lot of trust in our relationship." He also remembers that, for 7 or 8 years before he became resistant, AZT was doing great.



james miller

Currently, James is taking a combination of Fortevase and Retonavir along with a daily regimen of Bactrim. So far, this is working for him. His viral load is undetectable and his CD4 count is as high as 350. In fact, James is considering re-entering the workforce. He is currently in school learning Windows95. He looks forward to continuing good health and new opportunities for personal growth.

James continues to be actively involved in HIV-related programs. He currently serves on the Second District HIV Commission as well as serving as co-chair for the Client Advocacy Group for the Second District. James is also a volunteer peer treatment advocate with the AIDS Prevention Team.

GET THE MOST OUT OF GENEVA!

Participate in a 2-Day Community Treatment and Science Workshop at the 12th World Conference on AIDS in Geneva

This workshop is for Community-Based treatment advocates and educators (with or without experience), especially those in the developing world, and women and people of color in the developed world.

June 26 - 28, 1998

in connection with the Community Rendezvous.

- Increase your productivity at the conference
- Expand your understanding of the Basic & Clinical Science
 - Meet Leading Scientists and Clinicians
- Increase treatment advocacy among people of color and women
 - Meet other treatment advocates from around the world
- Improve working relationships between activists in the developed world and activist in the developing world

Schedule your travel plans to include this workshop!

To register, contact Phill Wilson at the University of Southern California.

(213) 743.1776, FAX: (213) 743-2768

or e-mail: phillw@calvin.usc.edu

Organizational Supporters:

National Minority AIDS Council • Treatment Action Group • ICASO
NCASO • National Black Lesbian and Gay Leadership Forum • AmFar • GNP+
National Association of People with AIDS • AIDS Treatment News • NAPWA/South African • Project
Inform • Positive African Men Project • University of Southern California • EATG (list in formation)

Exercise your Heart Support the AIDS Prevention Team

WishList

There are many ways that you can support the AIDS Prevention Team. Listed below are items that we are currently in need of. All donations are tax-deductible. For more information, call Christopher at (213) 964-7824.

Macintosh Computers

Printers

Paper Shredder

Floor Plants

Color Scanner

Misc. Software (please call first)

Afrocentric Art and Decorations

**YES! I WANT TO HELP IN
THE FIGHT AGAINST AIDS IN
THE BLACK COMMUNITY!**

[] \$10 [] \$25 [] \$50

[] \$100 [] \$150 [] \$250

[] \$ _____

I have enclosed my check for
\$ _____ made payable to
AIDS Prevention Team.

Your gift is tax-deductible.

Please clip and mail to

A P T

1219 S. Labrea Ave.

Los Angeles CA 90019

Sister 2 Sister

Sister 2 Sister, the women's program of APT, is pleased to announce new schedule of events and a new program staff.

Coordinating Sister 2 Sister is V. Rene Miranda. Rene has been a member of the APT staff for the past 21/2 years. Her commitment to the African American Women's Community extends far beyond her new role with Sister 2 Sister. Rene is a board member of United Lesbians of African Heritage (ULOAH) and has participated in the planning of numerous Women's events.

Rene's tenure with APT has included roles as Office Manager and Deputy Director. She enjoys meeting new people and has many exciting ideas for the program. She also understands the unique challenge of being a single mother.



V. Rene Miranda

Also joining the Sister 2 Sister staff is Beverly Jo Mosley. An African American lesbian living with HIV, Beverly brings practical experience to the position. In addition to her role in the Sister 2 Sister program, she will provide treatment education to other women living with HIV through the treatment advocacy program. She brings extensive experience to this position, having served in this role at Being Alive. Beverly will be starting an HIV+ Women's Support Group in the near future.

New Sister 2 Sister programs include the Lesbian Mom's Support Group. This group focuses on being a lesbian mom

and the joys—and blues—of being a parent. Many activities are planned that include our children, as well as some time alone for the mothers to talk about issues such as dating, selecting schools, and coming out to our children. Momswith infants and children to age 12 are especially encouraged to attend. If you are interested in this group, or need more information, call Rene at (213) 964-7820.

Sister 2 Sister will also participate in the planning of the 1999 National Conference on Women and HIV. The planning process has already begun. If you are interested in being a part of this committee, the next meeting will be held May 4 in the second floor training room at the Office of AIDS Programs and Policy (OAPP) from 3:00 until 5:00 P.M.

The address for OAPP is 600 S. Commonwealth, Los Angeles, CA 90005. Validated parking is available at the Automate parking lot on the corner of 6th and Commonwealth. If you have any questions, please contact Linda Stone at (213) 637-8449 or you may call Mary Lucey at (213) 485-6320.

Also coming soon is the 5th Annual Revlon Run/Walk for Women. It will be held Saturday, May 9 at the L.A. Memorial Coliseum. Please join V. Rene Miranda, Director of Women's Services, in the 5K walk. Proceeds benefit various women's organizations including the Women of Color Breast Cancer Survivors Support Project. If you are interested in joining Rene and other APT staff in this important event, please call (213) 964-7820.

We currently need a minimum of 15 walkers to represent the AIDS Prevention Team's Sister 2 Sister Project. Your participation will be greatly appreciated as we fight against breast and ovarian cancer.

RACISM, HOMOPHOBIA & AIDS

A C O M M U N I T Y F O R U M

**"HOW HAS RACISM & HOMOPHOBIA IMPACTED
THE BLACK COMMUNITY IN THE ERA OF AIDS?"**

WE INVITE YOU TO JOIN US, THURSDAY, MAY 14 • 6:30 - 8:00 P.M.

**LUCY FLORENCE AT CHENNA GRILLE
6541 SANTA MONICA BOULEVARD (AT HUDSON), LOS ANGELES**

HABARI Gami

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Powerful new drugs have already cut the death rate among all populations (although much less among Blacks and Latinos). Unfortunately the new regimens are very complicated. Knowledge and support are the keys. Each of us needs to stay informed so that we can live longer, and help our friends live longer too. Working together, we can beat the epidemic within our community.

Protease inhibitors have changed the landscape of HIV dramatically. Today, people are living longer and enjoying a much better quality of life. Complimentary treatments can even reduce side effects brought on by some of the medications. These are three of the reasons why it is important that we

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Recent studies have demonstrated the connection between social support and risk reduction behavior change.

The issues that we face in our lives are plentiful. Dealing with HIV or staying HIV- are not small things. And we know that simple slogans do not move people toward healthier behaviors—be they sexual or otherwise.

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in our **own words**

calendar
of **events**

My Baby's Daddy

Written by Eleanor Taite

Little girls, when they're young, dream of fairy-tale romance. Romances with a Prince Charming, a castle, a white horse, a chariot and glass slippers. The little girls of today dream of the Senior Ball or Junior Prom. I was one of those little girls with those same dreams, but now those dreams are shattered and gone, because I am now a number, a number of one of the leading causes of death.

I am a woman living with AIDS. Not HIV. AIDS! My Prince Charming was "My Baby's Daddy", someone whom I trusted and thought I loved. I went through the pain of bearing his children (twins) and now I am going through the number of taking medication.

I thought he loved his kids and me, but the only thing he cared about was his cars, money and seeing me whenever he wanted to have sex.

Being young and naive, because he was who he was, "My Baby's Daddy", I continued to have unprotected sex with him. I didn't believe my Prince Charming would bring me any diseases, but he did. He brought me AIDS, something I wouldn't have thought I'd get in a million years. But I did.

When I got my diagnosis, I was in shock, mainly because I had been living with HIV for a long time, not even knowing I had the virus.

I even had prior surgeries and other examinations and that still didn't deter-

mine the fact that I had the virus. I walked around for years with no symptoms, until recently when I went into the doctor's office for a check-up.

When my doctor checked my mouth she noticed a white spot (thrush). She asked had I ever been tested for HIV, because the patch, as she called it, was associated with the virus. I freaked out, became nervous and didn't know if I wanted to go ahead with the test or leave the office.

As you can see, I went on with testing. It took two long weeks before I knew the results. Then when I found out I wished I wouldn't have known.

So now I know and my life has changed dramatically. I now have to take 18 pills a day, exercise, eat the right food and get proper rest. I'm going through all these changes because I cared about my Prince Charming. Otherwise known as "My Baby's Daddy".

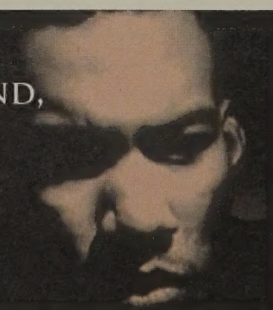
So women, young ladies, please be careful and always practice safer sex. My Prince Charming knew he had the virus and he spread it throughout the city we live in. So I guess you can say it's an epidemic. So please be aware of even your baby's daddy.

Sincerely,
A Baby's Mother

Eleanor Taite.

**OUR COMMUNITY CAN NOT
AFFORD TO LOSE ANOTHER MIND,
BODY OR SOUL TO AIDS.**

*Say "Enough!" Get Involved.
Join the AIDS Prevention Team*



EVERY MONDAY

SEX & YOU

Men's Drop-In Discussion Group

EVERY FRIDAY

POSITIVE IMAGES

Phone Chat for HIV+ Men
Call for more information

MAY 14

**RACISM, HOMOPHOBIA
& AIDS**

A Community Forum

MAY 30

POSITIVE COLOURS

Gay Men of Color Treatment
Conference - USC

SEPTEMBER 18-20

BROTHER 2BROTHER VIII

Men's Retreat in Mailbu

**POSITIVE
Colours**

**GAY MEN OF COLOR
TREATMENT CONFERENCE**

SATURDAY, MAY 30

**UNIVERSITY OF
SOUTHERN CALIFORNIA**

for information, call

(213) 964-7820

PRESENTED BY THE GAY MEN OF
COLOR CONSORTIUM

FUNDED BY AN UNRESTRICTED
EDUCATIONAL GRANT FROM
GLAXO WELLCOME

the director's desk

AIDS PREVENTION TEAM

A PROGRAM OF THE NATIONAL BLACK
LESBIAN & GAY LEADERSHIP FORUM

1219 S. LaBrea Avenue
Los Angeles, CA 90019

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(213) 964-7820

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closed noon to 1 p.m. daily
Saturdays by appointment

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sr. treatment advocate

larry mims

director of women's services

rene miranda

treatment advocates

vincent carbaugh
morris pearce

health educator

chaz lanier

community outreach specialist

habeeb rasheed

mental health specialist

siri sat nam

Calvin Rolark the founder of the United Black Fund and the Washington Informer put a black spin on an ancient quote when he said, "The only people that can save us from us is us."

Welcome to the first issue of Habari Gani. This newsletter is about "us saving us". We hope in these pages communicate new energy, unveil new programs, and, most importantly, provide the best HIV/AIDS treatment and prevention information available. There will be articles about treatment, prevention and testing, clinical trials and policy issues of the day. We will also profile Black folks successfully living with HIV/AIDS, as well as black physicians and therapists who are dealing with HIV/AIDS in their practices. But, most importantly, every month we will try to answer your questions and provide a voice for African Americans living with or affected by HIV/AIDS.

For many years, program developers have sat around table after table talking about the difficulty reaching the Black community with culturally and socially appropriate prevention messages and information about the benefits of new treatment options. All the while, HIV went virtually unchecked in our communities.

Enough is enough. The AIDS Prevention Team is committed to building a program that is of, by and for us. We have dedicated ourselves to developing cutting-edge programs that address the myriad of issues that impact our lives on a daily basis. This is not an easy task. Using the same old models of service delivery and program development will not do the job. It is important that we confront this epidemic in innovative ways.

This program is centered around a core value of community wellness and support. We are concerned about all of the issues that prevent us from protecting ourselves from

HIV, getting tested or seeking treatment. Recent studies have indicated that a major concern for many Black gay men is isolation. Building community helps to break down isolation.

Our Sunday programming and other social activities will provide opportunities for us to meet each other and create support networks.

The expanded Sister 2 Sister program will increase services to Black Lesbians. Our weekly support groups will help clients maintain risk reduction behaviors and adhere to new therapeutic regimens.

In order to be more responsive to the emerging needs of our people, a host of community forums and town hall meetings are scheduled over the next few months. Each of these will be designed to establish an ongoing dialogue for us to talk to each other.

This dialogue will provide a basis for program design, community involvement, and leadership.

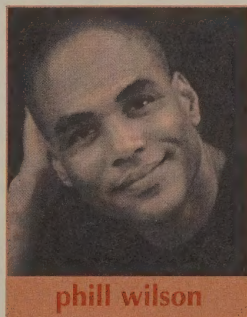
If you have been involved in APT or have just been waiting for the right moment, now is the time to get involved. We need talented volunteers to assist in providing services to our sisters and brothers. We need members of our community who have the resources to

become financially involved in building our program. And we need your goodwill and support.

Enjoy this issue of Habari Gani. Let us know what you think, what you like, and, what you don't like and most importantly, what you want. We hope that you will find a program or service that piques your interest. Consider how you might become involved in helping us become the type of program you deserve. Take care of yourself and your blessings.

Habari Gani

Phill Wilson



phill wilson

prevention programs

During the next several months, look for these exciting programs.

TOUCH THE MAN, a six-week discussion group that explores intimacy between men. This group promises to open areas of our intimate lives that often go neglected. Group size is limited.

SOUL FOOD SUNDAYS in the tradition of the Black family. This monthly social is pot-luck style and is open to our community.

THE BROTHER 2 BROTHER CHOIR provides a voice for same-gender-loving Black men. Participation as a musician or vocalist requires an audition.

THE AFRICAN AMERICAN GAY MEN'S CREATIVE WRITING WORKSHOPS provides a creative outlet to share our stories. Selected works will be published in our year-end anthology, *Basic Black: a collection of works representing the black gay experience*.

THE COMMUNITY FORUM SERIES brings us together to discuss the issues that are important to our community. Take charge of your destiny and speak out!

PUT THIS ON YOUR CALENDAR!

THE 8TH ANNUAL BROTHER 2 BROTHER RETREAT

is scheduled for September 18-12 in Malibu, CA. Our theme is "Refreshment for the Soul". If you are not on the mailing list, please contact Chaz or e-mail us at: Bro2BroLA@aol.com.

brother 2 brother

Brother 2 Brother VIII



Change is the process of making something different. Courage is the quality of mind or spirit that enables a person to face difficulty. Courage helps us to be tenacious. It provides fortitude. It supports valor. And it is true, change does require courage.

Brother 2 Brother has been a vital part of the prevention landscape in Los Angeles for many years. Each year, the annual Brother 2 Brother Retreat attracts hundreds of men from throughout the United States. From the success of seven retreats, we will continue to build our program to meet the needs of our community. But, we need your help.

Our programs will provide an opportunity for members of our community to come together to have significant interaction that promote wellness as a community norm. We will also be

bringing you special events, cultural activities, and a variety of workshops. You won't find a lot of preaching and judgement. But you will find a supportive environment for people just like you who are motivated, talented, and together.

We are also pleased to announce new program staff. We hope to bring you the talented program staff that you deserve.

Christopher Smith joins the team as Sr. Health Educator. Christopher has worked in various capacities ranging

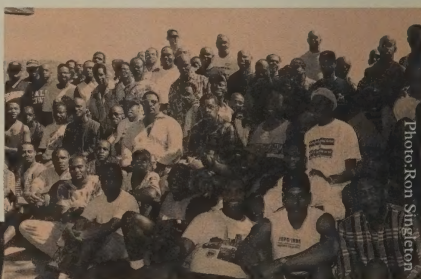


Photo: Ron Singleton



Photo: Ron Singleton

from outreach worker, associate director and program director for a number of AIDS services organizations. Most recently, Christopher was the Program Director of New Village.

Chaz Lanier joins us as our Health Educator. Chaz also comes from New Village where he was the Assistant Program Director. A native New Yorker, Chaz is trained in modern, jazz, ballet and West African Dance.

Welcome to a new era at B2B.

Drugs and alcohol can impair judgement. If you are going to engage in sexual activity, remember to use your rubbers. **Condoms only work if you use them.**

on the prevention tip

Nelfinavir™ (Viracept)

Nelfinavir (also called Viracept) is an antiretroviral drug that slows the reproduction of HIV. It reduces the amount of HIV in the body, which allows the immune system to fight many of the illnesses associated with AIDS.

It works by blocking the action of an enzyme that the virus makes called protease. This enzyme is necessary for the virus to reproduce and infect new cells. Nelfinavir is one of four drugs called protease inhibitors; the other three are saquinavir, zidovudine and didanosine. Nelfinavir was approved by the Food and Drug Administration (FDA) in early 1997 for the treatment of HIV disease.

Why would my Doctor Prescribe Nelfinavir?

Nelfinavir, in combination with other antiviral medications, may decrease the amount of virus in the body, raise the T-cell count, and slow disease progression in people with HIV infection. Studies are underway to determine the possible long-term benefits and risks of Nelfinavir.

Nelfinavir in combination with Nucleoside analogue drugs, including zidovudine (AZT), didanosine (ddI), zalcitabine (ddC), stavudine (d4T), or lamivudine (3TC), may be given as initial therapy for treating HIV disease. Its use with non-nucleoside agents, including nevirapine and delavirdine, is under

investigation. Nelfinavir may also be prescribed instead of other antiretroviral medication for HIV-infected persons who: 1) have developed side effects for other drugs; 2) have failed to respond to other therapies, or have failed therapy several months to years.

How do you take Nelfinavir?

Nelfinavir is available in 250mg tablets. The recommended dose is 750mg (three 250mg tablets) taken three times a day with food. Certain drugs should not be prescribed with Nelfinavir. These include the antihistamines (for allergies and sinus infections); the antimicrobial drug rifampin (to kill or inhibit growth of microbacteria); the benzodiazepines (tranquilizers and other psychotropic medications); and gastrointestinal motility drugs. Doses of other commonly prescribed medications may also require adjustment. If you are taking Nelfinavir, always check with your doctor before starting any new drugs.

To avoid the development of viral resistance, nelfinavir must be used according to directions. Medication should be taken on time every day, and doses should not be skipped.

If you have questions on this or any other drug or therapy, please contact our treatment advocate at (213) 964-7820.

on the treatment tip

having trouble remembering to take your meds? place post-it notes on places where you will see them that says
"Remember Your Meds"

To start treatment or not to start treatment? That is the question.

The decision to begin a regimen of antiretroviral therapy is not an easy one. Because these medications require scheduled doses to maximize their benefits and not create resistant virus, it is imperative that persons taking these meds adhere to the strict schedule. The treatment advocacy program can help.

Serving as a liaison between the provider and the patient, the treatment advocate is trained to assist the client in a variety of ways. If you are currently taking HIV medications, or know someone who is, the following services can make a large difference.

ONE ON ONE COUNSELING provides the client the opportunity to discuss issues, problems, successes and feelings surrounding their therapy.

ADHERENCE ASSISTANCE provides the opportunity for the treatment advocate to share "hints" to assist in adherence to complicated therapies.

TREATMENT UPDATES provides brief, yet informative updates on various medications, HIV replication, advances in HIV therapies, risk reduction and other current HIV-related issues.

CLINICAL TRIALS INFORMATION provides up-to-date information regarding clinical trials related to antiretroviral therapies.

MASSAGE THERAPY provides a relaxing, cleansing, stress-reducing massage for HIV+ clients by appointment.

Treatment

King-Drew Medical Center

Oasis HIV Clinic
12021 S. Wilmington
Los Angeles, CA 90059
(213) 668-4213

Jeffrey Goodman Clinic

1625 N. Schrader Blvd.
Los Angeles, CA 90028
(213) 993-7500

USC-5P21

1300 N. Mission Road
Los Angeles, CA 90033
(213) 343-8255

HIV Test Sites

Minority AIDS Project

5149 W. Jefferson Blvd.
Los Angeles, CA 90016
(213) 936-4949

Curtis Tucker Health Center

123 W. Manchester Avenue
Inglewood, CA 90301
(310) 419-5376

Jeffrey Goodman Clinic

1625 N. Schrader Blvd.
Los Angeles, CA 90028
(213) 993-7500

People of Color Resources

Bienestar

1169 N. Vermont Avenue
Los Angeles, CA 90029
(213) 660-9680

Asian & Pacific AIDS Intervention Team

1313 W. 8th Street
Los Angeles, CA 90017
(213) 353-6055

James Miller Refuses to Let HIV Slow Him Down

At first look, one wouldn't guess that James Miller is 64 years young. Neither would one guess that he has been living with HIV for 11 years.

A long-time community activist, James first tested for HIV while actively volunteering for Minority AIDS Project. When asked why he hadn't tested for HIV before this time, James is quite honest. "I didn't want to be tested because it seemed like a hopeless situation, especially for Black folk." Prior to James taking the test, there were no medications for HIV. So despite his active involvement, James, like many, consciously chose not to be tested.

At that time, James had no symptoms of HIV disease. But he was very aware of risk behavior in his own life. When probed about his decision to be tested, James pointed to a new drug at the time, called AZT. Remember, 11 years ago AZT was the only treatment available to people with HIV.

"The test result blew my mind..." James remembers. He pauses and continues, "for about 48 hours." At this time, James was also an ordained Deacon at Unity Fellowship Church. Looking back, James attributes a lot of his outlook and wellbeing to his spiritual growth. In fact, James considers it "part of the mix." Without this spiritual anchor, James does not think that his

current course of treatment would be effective. Nor have they always been.

James dealt with side effects. "My body reacted to it. For almost a year, I was getting so weak that I couldn't get out of a chair by myself. I was very frightened," he remembers. When he is asked about how this affected his decision to continue on meds, James is quick to respond. "I have an excellent doctor. I put a lot of trust in our relationship." He also remembers that, for 7 or 8 years before he became resistant, AZT was doing great.

Currently, James is taking a combination of Fortevase and Retinavir along with a daily regimen of Bactrim. So far, this is working for him. His viral load is undetectable and his CD4 count is as high as 350. In fact, James is considering re-entering the workforce. He is currently in school learning Windows95. He looks forward to continuing good health and new opportunities for personal growth.

James continues to be actively involved in HIV-related programs. He currently serves on the Second District HIV Commission as well as serving as co-chair for the Client Advocacy Group for the Second District. James is also a volunteer peer treatment advocate with the AIDS Prevention Team.



james miller

GET THE MOST OUT OF GENEVA!

Participate in a 2-Day Community Treatment and Science Workshop at the 12th World Conference on AIDS in Geneva

This workshop is for Community-Based treatment advocates and educators (with or without experience), especially those in the developing world, and women and people of color in the developed world.

June 26 - 28, 1998

in connection with the Community Rendezvous.

- Increase your productivity at the conference
- Expand your understanding of the Basic & Clinical Science
 - Meet Leading Scientists and Clinicians
- Increase treatment advocacy among people of color and women
 - Meet other treatment advocates from around the world
- Improve working relationships between activists in the developed world and activist in the developing world

Schedule your travel plans to include this workshop!

To register, contact Phill Wilson at the University of Southern California.

(213) 743.1776, FAX: (213) 743-2768

or e-mail: phillw@calvin.usc.edu

Organizational Supporters:

National Minority AIDS Council • Treatment Action Group • ICASO
NCASO • National Black Lesbian and Gay Leadership Forum • AmFar • GNP+
National Association of People with AIDS • AIDS Treatment News • NAPWA/South African • Project
Inform • Positive African Men Project • University of Southern California • EATG (list in formation)

Exercise your Heart Support the AIDS Prevention Team

WishList

There are many ways that you can support the AIDS Prevention Team. Listed below are items that we are currently in need of. All donations are tax-deductible. For more information, call Christopher at (213) 964-7824.

Macintosh Computers

Printers

Paper Shredder

Floor Plants

Color Scanner

Misc. Software (please call first)

Afrocentric Art and Decorations

YES! I WANT TO HELP IN THE FIGHT AGAINST AIDS IN THE BLACK COMMUNITY!

[] \$10 [] \$25 [] \$50

[] \$100 [] \$150 [] \$250

[] \$_____

I have enclosed my check for
\$_____ made payable to
AIDS Prevention Team.

Your gift is tax-deductible.

Please clip and mail to

A P T

1219 S. Labrea Ave.

Los Angeles CA 90019

Sister 2 Sister

Sister 2 Sister, the women's program of APT, is pleased to announce new schedule of events and a new program staff.

Coordinating Sister 2 Sister is V. Rene Miranda. Rene has been a member of the APT staff for the past 21½ years. Her commitment to the African American Women's Community extends far beyond her new role with Sister 2 Sister. Rene is a board member of United Lesbians of African Heritage (ULOAH) and has participated in the planning of numerous Women's events.

Rene's tenure with APT has included roles as Office Manager and Deputy Director. She enjoys meeting new people and has many exciting ideas for the program. She also understands the unique challenge of being a single mother.

Also joining the Sister 2 Sister staff is Beverly Jo Mosley. An African American lesbian living with HIV, Beverly brings practical experience to the position. In addition to her role in the Sister 2 Sister program, she will provide treatment education to other women living with HIV through the treatment advocacy program. She brings extensive experience to this position, having served in this role at Being Alive. Beverly will be starting an HIV+ Women's Support Group in the near future.

New Sister 2 Sister programs include the Lesbian Mom's Support Group. This group focuses on being a lesbian mom

and the joys—and blues—of being a parent. Many activities are planned that include our children, as well as some time alone for the mothers to talk about issues such as dating, selecting schools, and coming out to our children. Momswith infants and children to age 12 are especially encouraged to attend. If you are interested in this group, or need more information, call Rene at (213) 964-7820.

Sister 2 Sister will also participate in the planning of the 1999 National Conference on Women and HIV. The planning process has already begun. If you are interested in being a part of this committee, the next meeting will be held May 4 in the second floor training room at the Office of AIDS Programs and Policy (OAPP) from 3:00 until 5:00 P.M.

The address for OAPP is 600 S. Commonwealth, Los Angeles, CA 90005. Validated parking is available at the Automate parking lot on the corner of 6th and Commonwealth. If you have any questions, please contact Linda Stone at (213) 637-8449 or you may call Mary Lucey at (213) 485-6320.

Also coming soon is the 5th Annual Revlon Run/Walk for Women. It will be held Saturday, May 9 at the L.A. Memorial Coliseum. Please join V. Rene Miranda, Director of Women's Services, in the 5K walk. Proceeds benefit various women's organizations including the Women of Color Breast Cancer Survivors Support Project. If you are interested in joining Rene and other APT staff in this important event, please call (213) 964-7820.

We currently need a minimum of 15 walkers to represent the AIDS Prevention Team's Sister 2 Sister Project. Your participation will be greatly appreciated as we fight against breast and ovarian cancer.



V. Rene Miranda

RACISM, HOMOPHOBIA & AIDS A C O M M U N I T Y F O R U M

**"HOW HAS RACISM & HOMOPHOBIA IMPACTED
THE BLACK COMMUNITY IN THE ERA OF AIDS?"**

WE INVITE YOU TO JOIN US, THURSDAY, MAY 14 • 6:30 - 8:00 P.M.

**LUCY FLORENCE AT CHENNA GRILLE
6541 SANTA MONICA BOULEVARD (AT HUDSON), LOS ANGELES**